

## **ABSTRACT**

Sry Istiyani, 30.01.14.0046

*Relationship between attitudes and family encouragement with behavior regular check up in patients with hypertension at Puskesmas Talang Betutu Palembang*

### **SKRIPSI**

**PROGRAM STUDI ILMU KEPERAWATAN**

**FAKULTAS ILMU KESEHATAN**

**UNIVERSITAS KATOLIK MUSI CHARITAS**

**Background :** Hypertension is condition of systolic blood pressure  $\geq 130$  mmHg and diastolic blood pressure  $\geq 80$  mmHg. The increase of prolonged blood pressure could cause damage organ if it not treated. The goal achievement of treatment of hypertension treatment related with regular check up of patient with hypertension to monitor blood pressure, education and motivation to target reached blood pressure. The patient compliance can help convalescence and prevent the occurrence complication disease.

**Aim :** to analyze relationship attitudes and family encouragement with behavior regular check up in patients with hypertension at public health center talang betutu palembang.

**Method:** This study used analytic survey with cross sectional approach. The sample was 44 respondents with purposive sampling. Fisher exact test used to analyze for bivariate.

**Result:** Age average was 61 years old, majority was women (77.3%), primary school for first time (29.5%), history hypertension  $\geq 5$  years (52.3%), obedience behavior for regular check up (70.5%), very good attitudes (45.5%) and moderate family encouragement (40.9%). There was a correlation between attitude ( $p=0.000$ ) and family encouragement ( $p=0.041$ ) with the behavior regular check up in patients with hypertension at public health center Talang Betutu Palembang. It is expected that patients hypertension obey took early regular check up and is expected for public health center to raise and maintain efforts to promote health and involving the family in these activities

**Key words:** hypertension, behavior regular check up, attitude, family encouragement